# GUNNER Family NEWS



2d Battalion, 3d Field Artillery Regiment/ Giessen, Germany/ This newsletter contains official information

# MARK YOUR CALENDARS

**Army Family Team Building** (AFTB) will prepare your family to meet the challenges of Army Life and unit deployments.

The next AFTB Level One class will be 18-20 April, 6 pm to 8 pm.

See information this page.

All incoming families are encouraged to meet with the Family Readiness Liaison, SPC Robert Cervantes, as soon as possible to assess your family's readiness needs.

Call DSN 343-7540 or CIV 0641-402-7540 to make an

### Special Thanks...

...to SSG(P) Anthony Johnson for his tireless efforts as Family Readiness Liaison and as a mentor to 2-3 FA's young leaders. Gunners!



## From Gunner 6 – LTC Joseph P. Harrington

Thankfully the cold weather and daily snow storms appear to be behind us. Hopefully, the warm weather and sunshine are here to stay.

As I stated in the previous newsletter, the battalion will increase field training over the next few months. To help you know when your loved ones will be in the field, I've attached training calendars [see pages 5-6] of the next three months that show when units are

likely to be gone. The calendar isn't perfect, and is likely to change slightly, but it will give you a good idea of when your spouses will be away.

In preparation for future deployments, we have begun Family Readiness Group (FRG) meetings and activities. My overriding goal for each FRG is to establish a base of communication with each family to keep everyone abreast of current issues

that affect 2-3 FA soldiers and families.

Furthermore, our aim is to provide information that will enable you to handle any situation or emergency that arises during this training as well as future deployments; particularly those that occur while living overseas.

To help families overcome the challenges of living overseas during times of

continued, next page

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## Army Family Team Building is for YOU

Did you know that interest-free loans and special grants are available to your family when an emergency comes up?

Did you know there is a person whose job it is to talk to the German hospitals with you?

Army Emergency Relief and the Patient Liaison are just two resources you learn about when you attend Army Family Team Building courses at **Army Community Services** (ACS) or online.

AFTB Level One will help newto-Army families find the answers they need to get themselves oriented to Army Life. Here, you will find out what services are available to your family through ACS and around the 284th Base Support Battalion.

For veteran families, AFTB Level One will bring you up to speed on the newest programs available.

AFTB Levels Two and Three are also available. These courses are for those families who want to become leaders and mentors in their community or FRG.

Everyone is highly encouraged to sign-up for these classes.

YOU ARE NOT REQUIRED TO TAKE LEVEL ONE TO ENROLL IN LEVELS TWO AND THREE.

Contact your FRG Leader today and ask how you can sign-up for these courses.



We're on the Web! See us at: www.aftb.org



# POWERS OF ATTORNEY & FINANCES:

## A **General Power of Attorney** (POA) is needed to:

- Obtain a service member's LES
- Submit travel claim
- Cash checks or withdraw cash
- Open or close a bank account
- ATM card order/pickup

## A **Special Power of Attorney** will be needed to:

- Start, stop, or change allotments
- Obtain a treasury check
- Change account(s)
- Add overdraft protection
- Redeem savings bonds

Which type of POA do you have?

REMEMBER—

POAs are only valid if you keep them safe. Keep a copy in a safe deposit box, a fire-proof box, or even with a trusted friend or relative.

For a FREE POA, call Legal Assistance at DSN 343-6017 or CIV 0641-402-6017.

## Assassins roll out the big guns

This is an exciting time of year. It's springtime—the sunshine is finally comina out and many Alpha families are preparing to become new parents. Congratulations and best wishes to each of those families. We plan to have a baby shower for all new Alpha Moms sometime this summer. We encourage everyone to get involved with the Family Readiness Group while the unit is deployed for training this spring and throughout the summer.

We are in the process of restructuring and adding a few positions within the FRG. This means we need your help! We are looking for volunteers to help fill some of these positions. We will be discussing these needs and many other topics at the next Alpha FRG meeting on 19 April at 6 pm. We look forward to seeing you all there!

We had a successful

Gunnery rotation in Grafenwoehr last month, thanks to the hard work and dedication by your husbands. We appreciate all they do and all you do to help them succeed.

I would like to recognize the wives who attended the Army Family Team Building Level One class 12 March. I highly encourage all spouses to attend at least the Level One course to give you the knowledge to succeed while your husbands are deployed. For further incentive I will give your husbands a day off if you complete the Level One course.

The next AFTB Level One course will be 18-20 April, from 6 pm to 8 pm. Attendance to all three days are required for certification. Those interested should contact Chris Grantham or Chelsea lliff. It is recommended that you have Level One training before Level 2, but not

required.

This month, we have focused on training for our next Gunnery exercise in Grafenwoehr and our **CMTC** exercise in Hohenfels, 21 April-15 June. There is a short break for

#### Memorial Day weekend.

Before we go to Grafen—woehr and Hohenfels, the Battery will be on block leave for Spring Break from 8-17 April. I encourage everyone to take advantage of this opportunity to spend quality time with their families.

#### "FIRST TO FIRE, STEEL!"

Chelsea lliff,
Chris Grantham,
Amy Ryan,
CPT David Dickamore,
and
1SG Ronald Grantham



## Gunner Six, continued.

deployments or extended training exercises, the battalion has established a plan to provide Army Family Team Building (AFTB) for each spouse [See "Army Family Team Building is for you", page one]. AFTB will enhance your knowledge of the U.S. Army, empowering each family to be self-

reliant. I believe this program will assist you and your family to adapt to military life and will help you overcome potentially difficult times.

Lastly, thank you again for all your hard work and sacrifices. As the weather improves, please be safe while traveling and take advantage of block leaves and training holidays.

#### Gunners!

LTC Joseph P. Harrington and Nancy G. Harrington



## Who let the Bulldogs out?

I am pleased to say the last few months Bravo Battery has been working hard to improve our fighting skills, readiness, and family support team.

The support within the Family Readiness Group has been excellent. Attendance for the FRG meetings has been strong, but the **key to our success** is the number of people who elected to participate in the **Army Family Team Building** Level One classes. In the beginning, we only had one person trained. Today, there are 25 people who have completed Level One and will soon start Level Two!

We are hard at work designing the new Bravo Battery logo for t-shirts and other items that will be available through the FRG.

The next few months are going to be extremely busy for the Battery. We will deploy to Grafenwoehr in April, then on to CMTC after the Memorial Day Weekend. The unit will return in June. While the Battery is deployed, **Rear Detachment** will

maintain direct contact with the Battery.

I am pleased to announce the Martinez family celebrated the birth of their first child, **Marcos Diego Martinez**, on 21 Feb.

**The next FRG meeting will be on Tuesday, 5 April.** I hope to see all of Bravo there.

CPT Keith Donnell



# Crusaders set their sights on winning

"...Crusaders lived up to our reputations as Red Legs." CPT Crenshaw



I would like to begin by welcoming our newest members to the Crusader family, **TF** 1-37 Fire Support. Our FIST platoon is a welcome addition to the Crusaders and will greatly enhance our ability to train our sensor to shooter capabilities.

During the month of February, the first Baby Crusader was born to SSG Michael and Daniela Saxton. I would like to welcome **Damon Daniel**Saxton, born 15 Feb 05.

Congratulations to the proud parents!

February was a busy month for the Crusaders. We enjoyed a successful field training exercise at Grafenwoehr. This exercise allowed us to sharpen our skills as Artillerymen. Charlie battery had the distinction of not only qualifying our sections, but also fired over 500 rounds in support of 1-1 Cavalry's CMTC live fire exercise. Crusaders lived up to our

reputations as "Red Legs."

We will have another opportunity to show our skills as Artillerymen in the months of April and May. This training will allow us the opportunity to sharpen not only our artillery skills, but further develop those skills necessary to be successful on an asymmetric battlefield.

February was also a busy month for our Family Readiness Group. Thank you for the Welcome Home snacks and the home-cooked meals that you prepared for the single soldiers.

We also had quite a few soldiers from the Crusaders volunteer to assist with the 284th BSB's **Black History Program**. I would like to personally say thanks. Your efforts ensured the success of a great program.

We also had the opportunity to see **President George W. Bush** when he spoke to the 1<sup>st</sup>

Armored Division on 23 February.

Thanks again to the FRG for all your efforts and for sacrificing so much of yourselves so that we can train to be a successful battery.

Thanks to the families that participated in the **Army Family Team Building** exercise on 12 March. Everyone is encouraged to attend these training workshops.

As your Battery Commander, I would like to say Thank You on behalf of myself, Sharen Crenshaw, 1SG Lester and Bridgette Lester for all you do and continue to volunteer. Your efforts have a significant impact on the morale and welfare of our community.

CPT Rodney Crenshaw

Go Crusaders!!!

## Hellraisers prepare for national tasks

Hello, everyone! My name is CPT John D. Millay. I am the new HHB commander. My wife, Karen, and I look forward to continuing with a great FRG, as well as working closely with you throughout our command.

We would also like to say farewell to dear friends of the "Hellraisers"—Mark and Heather Manno. They will be missed and we wish them well on their journey to their next duty station.

Karen and I want to thank all the family members that were able to make our recent FRG meeting. It was a great success for our first meeting. We made a lot of progress and developed some great ideas for future events.

During this quarter we will transition from garrison life to field training. We will start off with a **Block Leave** period to coincide with Spring Break. We encourage all soldiers to take advantage of this opportunity to spend time with their families.

After the Spring Break leave, we will deploy to Grafenwoehr to start a long field exercise. During this training, we will support the Battalion for Gunnery, conduct several small arms ranges, and participate in several different training

events. We will have a break for **Memorial Day** weekend, which most soldiers will be home to celebrate. We will then deploy back to **Hohenfels** to conduct more training and redeploy mid-June to Giessen.

I want all families to enjoy this rest while they can. We want all soldiers to return from the breaks, train safely and return to their family and friends.

Thank you and God bless.

CPT John D. Millay





Get the latest FRG information online.

The 2-3 FA Web site has been revamped to offer more timely information to families no matter where they are.

http://www.2-3fa.1ad.army.mil

## Scorpions make way for summer, AFTB

The weather is starting to warm up and people are wanting to travel. This time of the year is a great time to explore Europe and get out of the house. We have a Battalion **block leave** scheduled during the DODDs Spring Break. We hope that you enjoy your well deserved time off.

With warmer weather, people also want to go to the local lakes. Look out for areas that don't have lifeguards and swim in designated areas.

Thanks to all of the Spouses and Soldiers that have completed their **AFTB Level One** through classes offered by the Battery, the Battalion, and the community. All of the participants have been very pleased with the training and felt it was very worthwhile. I would like to thank Bethany and Stephanie for all of their help in setting up the Btry AFTB marathon. If you can't participate in a class because of a scheduling conflict you can take the courses online at www.aftb.org.

The Army can be about change. As we say good bye to old friends and hello to new ones, we would like to say good bye to 1SG Payne and welcome 1SG Wofford and his wife Robin to the Scorpion family.

I would like to wish you all a great Easter and spring season.

Please, be safe, plan your travel, take plenty of rest stops, and come back safe and sound.

See you at the next FRG meeting!

CPT William Ashmore



## APRIL 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
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3	4	5	6	7	8	9		
					Block	Leave		
10	11	12	13	14	15	16		
	Block Leave 8-17 April							
17	18	19	20	21	22	23		
Block Lv			FIELD TRAINING EXERCISES					
24	25	26	27	28	29	30		
	FIELD TRAINING EXERCISES							

### MAY 2005

\* = Select personnel only

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
FIELD TRAINING EXERCISES							
8	9	10	11	12	13	14	
FIELD TRAINING EXERCISES							
15	16	17	18	19	20	21	
FIELD TRAINING EXERCISES  C BTRY TO GIESSEN							
22	23	24	25	26	27	28	
C (-) BTRY TO RUSSIA *							
FIELD TRAINING EXERCISES					MEMORIAL DAY WEEKEND		
29 C	30 (-) BTRY TO RUSSI.	31 A*					
	AY WEEKEND	HOHENF	ELS				

## **JUNE 2005**

\* = Select personnel only

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
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			C (-) BTRY TO RUSSIA *				
			FIELD TRAINING - HOHENFELS				
5	6	7	8	9	10	11	
	FIELD TRAINING - HOHENFELS						
12	13	14	15	16	17	18	
FIELD 1	RAINING - HOH	IENFELS					
19	20	21	22	23	24	25	
26	27	28	29	30			

## Gunners sponsor incoming families

Remember when you first arrived in Giessen? If this wasn't your first overseas assignment, you knew the basics of what to expect.

However, the vast majority of those arriving in-country don't have that experience to fall back on. They can arrive bewildered and overwhelmed. Add to that spouses, children, and pets... Well, the whole process can be enough to want to call it quits before

they ever get started. But it doesn't have to be that way. By pairing all incoming personnel with sponsors who know the ins and outs of the community and unit, we can help our newest Gunners transition more quickly and with less frustration.

The Gunner Sponsorship Program is based on the Ready First Combat Team standard. The goal is to train volunteers to welcome and assist new arrivals.
Volunteers may be from
any MOS. Married and
single personnel in the ranks
of PFC or above are highly
encouraged to participate.

Training can be in a group setting or take 20 minutes online at https://www.sponsortraining.hqusareur.army.mil.

For more information, call SPC Robert Cervantes at DSN 343-7540.



Train today to be a sponsor

to incoming personnel!

Call DSN 343-7540 for more information or go online @:

https://www.sponsortraining.hqusareur.army.

mil/

## DEPEX ruled a success; minimal delays

In February, the Battalion completed the first step in a new system **developed to** rapidly and safely deploy equipment and personnel.

Working in conjunction with the 284<sup>th</sup> Base Support Battalion and 16<sup>th</sup> Engineer Battalion, almost all vehicles in the Gunner motor pool were dispatched to inspection stations. This process was designed to ensure the following: deploying assets were in well-maintained condition; hazardous materials were maintained in a safe manner; and crews were properly trained and licensed for the vehicles they were operating.

Following these inspections, in an actual deployment operation, crews would move to load their equipment on rail cars. For this exercise, the vehicles were returned to the motor pool to repair any deficiencies found.

## Unit & Community Briefs

#### **HOTDOG SALES TAKE OFF**

Have you noticed the wonderful new smell in the motor pool lately?

The FRGs will host hot dog sales during command maintenance. Bring your dollars and an appetite.

#### KEEP HOUSING BEAUTIFUL

DPW asks all residents not to throw out bulk trash until the day before a scheduled pickup. If you cannot wait, call DPW at DSN 343-6860 to arrange for a special pickup. However, plan to move the bulk items from your home yourself.

#### SPEEDING IS NOT THE TICKET

When driving on-post, keep in mind that the speeding limit is **30 kph** in all areas. MPs have been busy issuing tickets to violators. Multiple violations could endanger your privilege to drive. Use caution

while driving in housing areas as children will be outdoors more often as the weather improves.

#### TOWN HALL MEETINGS

Each housing community has a new mayor. Watch your mailbox for information on the next Town Hall meeting. Bring your suggestions for improvements. 2d BN, 3d FA REGT UNIT 2091 1 APO AE 09169

#### Staff Duty

DSN 314-343-7802 CIV 0641-402-7802

#### **Family Readiness Liaison**

SPC Robert Cervantes DSN 343-7540 CIV 0641-402-7540

#### Family Readiness Groups Points of Contact

2-3 FA BN FRG Leader Mrs. Nancy G. Harrington

A Battery Mrs. Chelsea lliff Mrs. Chris Grantham Mrs. Amy Ryan, Co-Leader

#### **B** Battery

Mrs. Michelle Donnell Mrs. Lani Carter, Co-Leader

#### C Battery Mrs. Sharen Crenshaw Mrs. Bridgette Lester, Co-Leader

HQ & HQ Battery Mrs. Karen Millay

Service Battery
Mrs. Demra Ashmore
Mrs. Robin Wofford, Co-Leader

#### DISCLAIMER:

This publication was produced by the Office of the Family Readiness Liaison. Please direct all questions, concerns or corrections to DSN 314-343-7540 / CIV 0641-402-7540 or send e-mail to

robert.cervantes@us.army.mil

#### We're on the Web!

See us at: http://www.2-3fa.1ad.army.mil

## ACS counselors go one-on-one

In response to last year's OIF deployment extension, USAREUR established a partnership with mental health professionals who forward-deploy to assist families in times of stress.

The response to this was

phenomenal. USAREUR has opted to continue this great service to families and single soldiers through the next deployment and beyond.

The counselors who participate in this program come from private,

professional practices.

All sessions are **confidential** and **free of charge**.

Call Giessen Army Community Services at DSN 343-7618 for more information or to make an appointment.

## Chaplain services: here for you

Gunner family, I am Chaplain Brian Palmer, your new Gunner Shepherd. I replaced Chaplain Hoover at the beginning of this year.

I thank you for the welcome many of you have given me. I arrived here with my wife, Ivey, who is expecting our second child in April, and Nathaniel, our 19-month old son.

I am here to serve you. If there is any way I can help you, please call 0641-402-7815 or drop by the office. SPC Joseph and I are located in the same building as the Aid Station. However you do it, catch hold of me and let me know how I can help you.

Chaplain (CPT) Palmer

2D BN, 3D FIELD ARTILLERY REGIMENT UNIT 2091 1 APO AE 09169

DO NOT FORWARD

**DOD Intratheatre Mail**